

Hygiene and safety measures for lectures and courses



Wear mouth-nose protection

Please wear a mouth-nose protection in all public spaces. This includes wearing a mouth-nose protection when entering and leaving the building as well as going to the toilet.



Disinfection and general hygiene

Use the provided hand sanitizer dispenser when entering the building. Clean your hands regularly and thoroughly with water and soap or hand sanitizer. Cover your mouth and nose with a tissue or the inside of the elbow when you cough or sneeze.



Corona risk groups

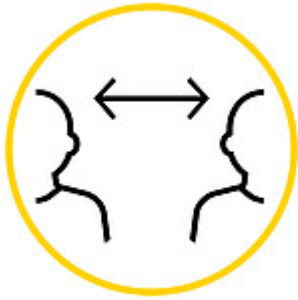
People belonging to a Corona risk group have to contact the office of *treffpunkt sprachen* at least 14 days before the beginning of their course: treffpunktsprachen@uni-graz.at. A recently issued doctor's certificate proving that you belong to a Corona risk group will be accepted. People belonging to risk groups will be enabled to study online.

People who are at an increased risk of severe illness from SARS-CoV-2/Covid-19-infections include, among others, elderly people, people with chronic diseases and people who receive therapies that weaken the immune system. According to the current state of knowledge, people with MS do not necessarily belong to a risk group.

In consideration of the definitions offered by the most important institutions (WHO, ECDC, RKI, BAG, NHS, CDC), Austria has determined the following vulnerable groups:

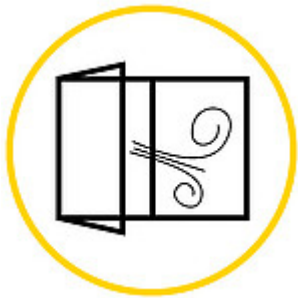
- Elderly people (65+)
 - especially those suffering from chronic diseases
- **People suffering from chronic diseases**
- According to current evidence, the following are defined as chronic diseases:
 - (chronic) respiratory and lung diseases incl. COPD
 - Diabetes
 - Cardiovascular diseases
 - Cancer
 - High blood pressure
 - Diseases and therapies weakening the immune system

The general call to avoid social contacts and stay at home is particularly relevant to people belonging to a risk group.



Keep your distance

Keep a minimum distance of one metre to other people. Whenever this is not possible, you must wear a mouth-nose protection. Between seats in the seminar room or lecture hall, a minimum distance of one metre radius is required. Try to avoid elevators whenever possible and if you have to use them, make sure not to use them together with other people.



Ventilation

Make sure that rooms are regularly ventilated by opening the windows. Ideally, you should open the windows each 60 minutes and leave them open for at least five minutes.



Covid-19 suspected cases

If you suspect an infection with Covid-19, you must immediately call the hotline 1450. Go home and stay home.

Last updated: 30 September 2020